



Smoky Mustard-Maple Salmon

Makes: 4 Servings

It doesn't get much easier — or more delicious — than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy your salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

Ingredients

3 tablespoons whole-grain or Dijon mustard

1 tablespoon pure maple syrup

1/4 teaspoon smoked paprika or ground chipotle pepper

1/4 teaspoon freshly ground pepper

1/8 teaspoon salt


4 4-oz skinless, center-cut, wild-caught salmon fillets

Nutrition Information

Nutrients	Amount
Calories	148
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	53 mg
Sodium	276 mg
Total Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars included	3 g
Protein	23 g
Vitamin D	13 mcg
Calcium	18 mg
Iron	1 mg
Potassium	434 mg

N/A - data is not available

MyPlate Food Groups

 Protein Foods 3 1/2 ounces

Directions

1. Preheat oven to 450 degrees.
2. Line a baking sheet with foil and coat with cooking spray.
3. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl.
4. Place salmon fillets on the prepared baking sheet.
5. Spread the mustard mixture evenly on the salmon.
6. Roast until just cooked through (approx. 8-12 minutes).

Notes

Quick Tips:

- Smoked paprika is made from smoke-dried, red peppers and adds earthy, smoky flavor. It can be used in many types of savory dishes. Look for different types of paprika at large supermarkets or online.

- Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population.

Source: EatingWell Magazine